



Raisin Bran Muffins

Makes: 48 Muffins

“My mom and I came up with this recipe when I was very young and it has always been one of my favorites. I eat the muffins various times during the day with a big glass of fat-free milk,” says Regan. “Last November I was diagnosed with type 1 diabetes and Mom and I had to go back and work on the recipe to get the carbohydrate count down. You could take out the walnuts, but there goes your protein. I have learned that protein is very important in your diet!” Combined with a salad with lean protein, this makes for a great lunch. (You can make two dozen muffins by halving the ingredients.)

Ingredients

3 cups unbleached all-purpose flour

2 cups whole wheat flour

1/2 cup sugar substitute (baking blend)

1/2 cup brown sugar substitute (baking blend)



1 tablespoon baking soda

Nutrition Information

Nutrients	Amount
Calories	170
Total Fat	7 g
Saturated Fat	1 g
Cholesterol	23 mg
Sodium	335 mg
Total Carbohydrate	24 g
Dietary Fiber	3 g
Total Sugars	5 g
Added Sugars included	1
Protein	4 g
Vitamin D	0 mcg
Calcium	41 mg
Iron	3 mg
Potassium	166 mg

N/A - data is not available

MyPlate Food Groups

	Grains	1 ounce
	Protein Foods	1/2 ounce

1 tablespoon ground cinnamon

2 teaspoons salt

5 large eggs (slightly beaten)

4 cups low-fat buttermilk

1 cup canola oil

1 cup unsweetened applesauce

12 3/4 cups box bran flakes cereal (17.3 ounce)

2 large carrots (grated)

1 cup raisins

1 cup chopped walnuts

Directions

1. Preheat the oven to 375°F and line 2 (12-cup) cupcake pans with liners.

2. In a large bowl, whisk together the all-purpose and whole wheat flours, along with the sugar substitute and brown sugar substitute, baking soda, cinnamon, and salt.

3. In a second large bowl, whisk together the eggs, buttermilk, oil, and applesauce.

4. Gradually fold the dry ingredients into the wet ingredients then add the bran flakes cereal, carrots, raisins, and walnuts and gently stir until incorporated.

5. Divide the batter in half. Fill the 2 pans with half the batter.

6. Bake the muffins until a toothpick inserted in the center of a muffin comes out clean, 15 to 20 minutes.

7. Once the pans are cool, remove the muffins and line both pans with new liners.

8. Fill the muffin cups with the remaining batter and bake the muffins until a toothpick inserted in the center of a muffin comes out clean, 15 to 20 minutes.

Notes

State: Kentucky

Child's Name: Regan Strehl, 11

Source: The Epicurious 2013 Healthy Lunchtime Challenge Cookbook